



Happy Thanksgiving!

November/December 2006

Volume 2, Issue 2

THANK YOU TO  
 AMSUS FOR  
 MAKING THIS  
 NEWSLETTER  
 POSSIBLE!  
[www.amsus.org](http://www.amsus.org)

### Highlights:

- Is Your Spouse an AMSUS Member?
- SSC Halloween Party Pics
- Info Sessions
- Making Life Easier

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Cristina Tharin  
 Publications Editor  
[cgirton@yahoo.com](mailto:cgirton@yahoo.com)

Photos courtesy of  
 Allyson Knight.

## SSC Makes Donation to NMMC Pediatrics Unit

Kristin Brown

During September, the SSC Fundraising Committee collected craft supplies, games, puzzles, magic tricks, books and other kid-friendly items for the Pediatrics Unit at the National Naval Medical Center by setting up a donation box in the USU Student Community Center. All the items were delivered to Linda Segel, the Child Life Therapist at the Pediatrics Unit.



L to R: Dana Davila, SSC President, Kristen Brown, SSC Fundraising Chair, Linda Segel, NMMC Child Life Therapist, Margaret Legault, SSC Vice President, Allyson Knight, SSC Member

Segel spends time with children in the Pediatrics waiting area. She is highly trained and experienced in educating children (and their parents) on what to expect if a child is treated

or recovering from an illness or injury. She is also certified in massage therapy and teaches pregnant women and new mothers proper massage techniques.

If you are interested in doing a craft or reading with the children in the Pediatrics waiting area at NMMC, please contact Kristen Brown at [boots1222@yahoo.com](mailto:boots1222@yahoo.com).

## Is Your Spouse an AMSUS Member?

AMSUS Staff

Have you heard of AMSUS? Has your spouse? AMSUS is the premier association supporting and representing military and other federal healthcare professionals.

As medical students you receive more than your share of information on organizations that you should join. Let us give you a quick introduction to AMSUS and let you know

why AMSUS is the FIRST association you should join.

AMSUS, the Society of the Federal Health Agencies, was founded in 1891 and chartered by Congress in 1903. The name of this organization, the Association of Military Surgeons of the United States, is historically significant but the literal wording of its title does

not cover its current full mission of advancing all aspects of federal medicine. It was originally a membership organization for surgeons and physicians. However, AMSUS is now comprised of professionals serving in the full spectrum of healthcare disciplines in the US Army, Navy, Air Force, Public Health Service, Department of

(Cont'd on page 7)

## From the President

Dana Davila



Hello everyone! I am happy to say that we have many new members who are getting involved and having fun at our various activities.

This month I am looking forward to seeing new and old faces at the Info Sessions. It is a great way to get to know what is ahead for you and your spouse.

I am surprised that the Holiday Season is already here and with it comes our annual Holiday Party. I hope to see you there. For more details on the Info Sessions or the

Holiday Party please see the ads on pages 3 and 5.

Even though the membership drive is over, it is never too late to join SSC and start getting involved. If you would like to learn more about our club please feel free to attend one of our monthly meetings, the first Wednesday of the month in the USU Community Center at 6:30pm. Members and non-members are always welcome!

-Dana

*"...it is never too late to join SSC and start getting involved."*

### Student Spouses Club Membership Application

If you are interested in being a member of SSC please fill out the form below and turn it in along with the annual dues check of \$25 (made payable to Student Spouses Club) so that we can process your application. Please return application & check to:

**Student Spouses Club**  
C/o Dana Davila  
13012 Estelle Road  
Silver Spring, MD 20906

Last Name	First Name	Home Phone	Email Address
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Street Address	City	ST	Zip Code
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Student's Full Name	Branch of Service	Year of Grad.
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Children's Names & Ages

Committees you would like to have contact you with more information

## Officers 2006-2007

### President

Dana Davila  
[daviladana@gmail.com](mailto:daviladana@gmail.com)

### Honorary President

Elena Welton  
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## Committee Chairs

### Adult Social

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### Fundraising

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[boots1222@yahoo.com](mailto:boots1222@yahoo.com)

### Info Sessions

Jacquelyn Downing  
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## The SSC Halloween Party

on Oct. 25<sup>th</sup> was a tremendous success! USU students and their families turned out in huge numbers and enjoyed a potluck lunch before heading off to treat-or-treat around the school.

Enjoy these snapshots of the festivities and imaginative costumes!



Don't miss out on our next extravaganza, the...

## Student Spouses Club Holiday Party!

**Date:** December 14<sup>th</sup>

**Time:** 6:00p-8:00p

**Where:** USU Student Community Center

Come enjoy the holiday spirit by feasting on a potluck dinner with the SSC. Santa and his elves will be there for pictures with the kids!

This party has been approved by the USU President. \$5 suggested donation for non-members.



## M.D.

Author Unknown

*When Daddy signs his name  
He always writes "M.D."  
That's so the people all will know  
That he belongs to me.*

*So M.D. means "My Daddy"  
Or something just the same  
And that is why he always  
Puts these letters after his name.*

*Some letters in his name are small  
But these are not, you'll see  
He always writes them big like this  
Because he's proud of me.*



**Get Your USU Holiday Ornament  
and Support the SSC!**

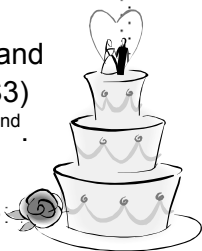
On sale now at the USU Book Store for \$12. A portion of the profits from the sale of each USU ornament will benefit the USU Student Spouses Club. Happy holidays and thank you for your support!

This fundraiser has been approved by the USU President.  
The SSC is a private, non-profit organization.



### Wedding Bells!\*

Erick Vines (MS3) and  
Kristen Shale (MS3)  
married on Sept 2<sup>nd</sup>.



## WELCOME New Members!

Bonnie Paterson-Johnson, 2010	Carlos Gonzalez, 2010
Carol McDermott, 2010	Cary Hill, 2009
Cera Mattingly, 2010	Deborah Rubio, 2010
Ellen Fredrico, 2008	Julie Dorsey-Spitz, 2009
Lacey Voss, 2010	Leslie McCaddon, 2009
Lindsay Meagher, 2010	Summer Law, 2010

Rachel (MS3) and Michael Sullivan welcomed Grace Catherine on July 29th  
Matt (MS2) and Heidi Heisel welcomed Samuel Kyle on Sept. 27th  
Brad (MS2) and Amanda Ballard welcomed Kenyon Michelle (6lb 10oz) on Sept. 28th  
Rohul (MS2) and Qalbia Amin welcomed a baby boy on Sept. 30th  
Matthew (MS2) and Elizabeth Swenson welcomed Charlotte on Sept. 27th  
Song (MS2) and Mike Brewer welcomed Michael Ethan (5lbs 12 oz) on Oct. 7th  
Rich (MS2) and Tina Osness welcomed Abigail Faith in Sept. 2006

### Special Delivery\*



\* Please let us know if we are missing someone at [sscsunshine@gmail.com](mailto:sscsunshine@gmail.com)

**Are you confused about the first years' summer requirements, the lottery for second years, and the third and fourth years' clerkships and sub-internships???**



**Come learn what to expect at the  
SSC Info Sessions Meeting**

**When:** Thursday, November 16<sup>th</sup>, 6:00pm

**Where:** USU Student Community Center

**Who's Invited:** All MSI, MSII, MSIII students & spouses

**Guest speakers include:**

COL. McManigle

COL. Tashiro

Dr. Whitman

Dr. MacDonald

**And come hungry, it's  
"Italian Night"!**

Bring an Italian dish for students  
and spouses to enjoy.



Please note: no childcare will be provided.

2005 Info Session

Please RSVP to Jacquelyn Downing at [jacquelyn504@hotmail.com](mailto:jacquelyn504@hotmail.com)  
by November 8<sup>th</sup>.

## Making Life Easier

Monica Talley

Making life easier is something we all can use. Cooking for a family or just for two is easy with a little planning. Even if you self proclaim, "I can't cook" or "I don't like to cook", you can still plan a meal on a budget. The problem with supermarkets and grocery stores is that they are set up in ways to make you believe you need to make impulse buys. Become familiar with the market where you prefer to shop at. Most of the time the main items are located on the outside of the market, in a "U" shape. Then there are frozen items, canned goods and breads, sweets, and paper goods in the center. These are where the impulse buys are. "Buy 1 four pound canister of oatmeal, get 2 free!" But you only eat oatmeal once a month. "Get \$0.10 off a purchase of three cans of beans!" Were the beans on your shopping list? If not, this was an impulse buy.

There are certain items at grocery stores that are pricey but are the best time savers. Take the Deli Pre-cooked meal counters, or the salad bar. I love the salad bar! Use the meat at the pre-cooked meal counters. It may cost more than the unprepared same item but how much time did it take to clean and brine a whole chicken and then roast it? This will save you one hour of your precious time. Now to the wonderful salad bar - think of it as your personal sous chef. Onions are sliced without the tears. Bell peppers don't have the waste, pre-sliced mushrooms, broccoli without the stem, cauliflower without the core, etc. While this can be pricey, think of these items in per recipe amounts. Also don't purchase lettuce or spinach here. This is four times the price of the bagged or fresh stuff.

In our house we eat a lot of pasta and rice. So I shop at a bulk shopping club for these items. (Costco, Sam's Club, BJ's, Price Club) But they too have their fallacies. Will you purchase something that will go bad before you finish it? You also have to pay a generous fee to just shop there. Maybe find a friend to share the difference and you both can win. The best purchases at these stores are fresh and frozen fruits and vegetables, meats, cheeses, and dry goods. However, if you feel a trip to the store coming on you can always check them out on a weekend and eat samples to your heart's content.

For the "I Can't Cook" or "I Don't Like to Cook" chef-to-be: start by writing down the days of the week. Skip a few lines between the days. This seems juvenile but this is how I begin my catering lists. So it works!



First, write down a meat in each day of the week. Look to the grocery ads for inspiration. There are weekly meal deals, rotisserie chickens, deli meals, etc. Second, add a starch or bread. Third, add a vegetable or fruit - or even better, one of each. All you have to do is warm up the food. Now for that person who is busy raising kids, going to school, working a job, trying to be a good spouse to a medical student, and still trying to maintain sanity...The formula is the same. On a lazy afternoon, (not!), make a time each week to look through the ads and make a list of meals based on the ads. This only works if you stick to your list. Take the same time each week to purchase the food. These two techniques will work, just practice it. So if this seems complicated, let me show you how it works.

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### Meal Plan

#### **Monday:**

Rotisserie Chicken  
Baked Potatoes  
Steamed Broccoli

Warm the Rotisserie Chicken. Wash potatoes, prick skins with fork and microwave for 10 minutes per potato. Just add 2 more minutes for each additional potato. Steam the broccoli for 6 minutes. Dinner is served...

#### **Tuesday:**

Roast Beef Sandwiches  
Bell Pepper Slices  
Cucumber Slices

Split Sandwich Rolls. Layer roast beef and Swiss cheese slices in the rolls. Wrap sandwich in paper towel and microwave for 45 seconds. If you purchased cucumbers and bell peppers at the deli, dinner is served...

### Wednesday:

Chinese Chicken Sundaes  
Rice  
Toppings for Sundaes

Cook rice according to package. Pick one rotisserie chicken off the bone. Cut into bite-sized pieces. In a large stockpot, bring 2 cups chicken broth and 4 cups water to a boil. Add cream of chicken soup and chicken pieces. Mix 4 tablespoons cornstarch with 4 tablespoons water. Add to liquid and continue to boil for 1 minute. Stir in 1 teaspoon basil and ½ teaspoon garlic powder. Remove from heat. Place a serving of rice on a plate. Top with chicken mixture. Now top with desired toppings. Topping Suggestions: chopped tomatoes, chopped green peppers, coconut, sliced celery, pineapple tidbits, grated cheese, chopped green onions, or sliced almonds.

### Thursday:

EAT OUT! This is the day that I shop each week.

### Friday:

Eat Leftovers Day

All those leftovers in the refrigerator are calling your name. And it's been 72 hours, so previously prepared food that isn't eaten tonight should be discarded.

### Saturday:

Sloppy Shepherds' Pie  
Wheat Rolls  
Apple Slices

Preheat oven to 350F degrees. Brown ground turkey, onion, and bell pepper in a skillet. Drain off liquid. Add a can of Sloppy Joe Sauce. Cook for about 1 minute more. Add 1 cup of frozen peas and carrots. Mix well.

Pour into a greased casserole dish. Top with grated cheddar cheese. Place a single layer of tater tots on the top. Place in preheated oven and bake for 20 minutes or until tater tots are browned and casserole is bubbly. Serve with whole wheat rolls and sliced apples.

### Shopping List

2 Rotisserie Chickens  
Apples  
Basil  
Bell pepper  
Broccoli Florets  
Cheddar Cheese  
Chicken Broth  
Chow mein noodles  
Cornstarch  
Cream of Chicken Soup  
Cucumber  
Deli Shaved Roast Beef Deli  
Swiss cheese slices  
Flour or Corn Tortillas  
Frozen Pea and Carrots  
Garlic Powder  
Green Onions  
Ground turkey  
Lettuce  
Milk  
Monterey Jack Cheese  
Pepper  
Pineapple Tidbits  
Potatoes (sweet or baking)  
Rice  
Salt  
Sandwich Rolls  
Seasoned Tater Tots  
Shrimp (frozen)  
Sloppy Joe Sauce  
Sour Cream  
Tomatoes  
Whole Wheat Rolls  
Yellow or Zucchini Squash

### Sunday:

Fish Tacos  
Baked Squash  
Sliced Fresh Tomatoes

Slice squash in half. Place on a baking sheet. Top with olive oil, basil, and garlic powder. Bake for 17 minutes in a 450F degree oven. Warm the shrimp. Warm the tortillas. Place shrimp, grated Monterey jack cheese, and lettuce in warmed tortillas. Serve with squash and sliced tomatoes.

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This is something I learned from a cousin who is raising seven children. Her husband is a Family Practitioner, and she spends many hours serving at church. So I learned that with a little practice, dinner time meals are very easily achieved, and so can you!

## Is Your Spouse an AMSUS Member? (Cont'd)

Veterans Affairs, Army Reserve, Navy Reserve, Air Force Reserve, Army National Guard, Air National Guard, and the Coast Guard.

A significant AMSUS member benefit is a subscription to *Military Medicine*, the Association's official monthly journal featuring peer-reviewed scientific papers, case reports, and editorials, including international submissions. First published in

1892 as *The Military Surgeon*, *Military Medicine* is a valuable educational and informational resource for AMSUS members. A subscription to *Military Medicine* alone is well worth the student membership dues of \$17 per year.

AMSUS and USU have worked together for many years. The USU President is on the AMSUS Executive Advisory Council and AMSUS is a major supporter of the annual USU Students Awards each Spring. We invite you to learn more on our website at [www.amsus.org](http://www.amsus.org).

## USU Student Spouses Club

WEBSITE:  
[www.usuhs.mil/ssc/](http://www.usuhs.mil/ssc/)

E-MAIL:  
[studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com)

### ***About Our Organization...***

The Student Spouses Club (SSC) is an organization for the spouses and significant others of the students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

## SSC Calendar of Events

**Nov 16:** SSC Info Sessions, USU Student Community Center, 6:00pm  
**Dec 6:** SSC meeting held in the USU Student Community Center, 6:30pm. *Please come out and share ideas and visit with other spouses. Meetings are always welcome to members and non-members.*  
**Dec 14:** Holiday Party, USU Student Community Center, 6–8pm

### ADULT SOCIAL ACTIVITIES

**Nov 3:** Couple's Dinner/Friday Night Out, On The Border, Rockville, Happy Hour - 6pm, dinner - 6:30pm. RSVP [toiagoodlow@hotmail.com](mailto:toiagoodlow@hotmail.com)  
**Nov 9:** Bunko, Cera Blackwell's house, 6:30pm. RSVP [cera311@hotmail.com](mailto:cera311@hotmail.com).  
**Nov 17:** Night at the Theater, Arena Stage, 7:30pm. RSVP [toiagoodlow@hotmail.com](mailto:toiagoodlow@hotmail.com)  
**Nov 30:** Book Club, at April Broussard's house, 6:30pm. The book selection is *The Memory Keeper's Daughter*, by Kim Edwards. RSVP [toiagoodlow@hotmail.com](mailto:toiagoodlow@hotmail.com)

### PARENT TOT GROUP

(Please RSVP for all events to Kate at [jkmasterson@yahoo.com](mailto:jkmasterson@yahoo.com))

**Nov 1:** Germantown Adventure Park, 10:30am  
**Nov 3:** Chuck E Cheese, Rockville, 11am  
**Nov 6:** Playgroup at Deb Rubio's house, 10am  
**Nov 8:** Noyses Library Storytime (2-3 yrs), 9:30am  
**Nov 10:** Wheaton Park, 1pm  
**Nov 13:** Kensington Library Storytime (3-5 yrs), 10:30am / Mom's night out, Red Hot Tomato, Bethesda, 6:30pm  
**Nov 15:** Silver Stars Open Gym, Silver Spring, near commissary, 12pm  
**Nov 16:** Playgroup at Bridget David's house, 10am  
**Nov 20:** Montgomery Mall play area, 10:30am  
**Nov 22:** Cabin John Park, 10am  
**Nov 27:** Playgroup at Allyson Knight's house, 10:30am  
**Nov 28:** Corner Bakery at RIO Center, Gaithersburg, breakfast, 9:30am  
**Nov 30:** Playgroup at Jill Krause's house, 10:30am

For more information or directions, please contact the SSC at [studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com) or [www.usuhs.mil/ssc/](http://www.usuhs.mil/ssc/)



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